

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

September 9, 2004

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Check out the Marine Corps Web site.

<http://www.usmc.mil>



<https://www.barstow.usmc.mil/>

SECNAV urges Navy/ Marine Corps team to vote during upcoming elections

By Lt. Cmdr. Jamie Morrison
Secretary of the Navy Public Affairs

Sailor and Marine and should be exercised Nov. 2, he said.

According to Polli Brunelli, the FVAP director, the importance of the 2004 election cannot be overstated.

"The offices of President and Vice President, 34 senators, the entire House of Representatives, 13 governors, and hundreds of local officials will be elected this year," she said. "The Department of Defense is dedicated to the rights of its members to remain a part of the electorate wherever the defense of our nation requires them to be, and we encourage everyone to participate in the elections."

For those overseas, it is relatively easy to obtain an absentee ballot.

"You can obtain a Federal Post Card Application for absentee ballots from your unit voting assistance officer, who will assist you with the procedures for registering to vote in your state," said Brunelli. "You can also obtain the online FPCA form from the FVAP Web site at www.fvap.gov."

The most important aspect of voting is getting the registration completed early enough to eliminate any potential issues.

WASHINGTON (NNS)—Secretary of the Navy Gordon R. England urges every man and woman in the Navy and Marine Corps, civilian personnel and their families to register, get an absentee ballot and cast a vote this election year.

"You wear the cloth of the nation, and defend democracy and the right of all Americans to vote," he said. "I encourage all of you to register and vote."

According to a post-election survey conducted by the Federal Voting Assistance Program on the 2000 general election, 68 percent of all naval personnel voted and 62 percent of all Marines voted. These percentages are below the Department of Defense average of 74 percent for that election.

SECNAV is challenging all hands to exceed the 2000 percentages, and show that the Navy and Marine Corps Team strongly believes in the democratic election process. The right to vote is a freedom granted to every civilian,



Photo by Craig P. Strawser

Secretary of the Navy Gordon R. England takes time to sit down and fill out his absentee ballot for the upcoming national elections. England is making it his personal goal to ensure that every Sailor and Marine has the opportunity to vote in the upcoming election. "It's important that Sailors and Marines don't wait until the last minute to fill out their registration forms. I want them to know that their vote is important," England said.

"Do it now to eliminate potential problems later," said England. "In our country, we have the right to vote as a result of the sacrifices of U.S. service

men and women like you. You've earned this right, and your vote counts."

Think you have the flu ... check it out

Compiled by
Barstow Log Staff

School is back in session, the flu season is approaching, and with this families should anticipate associated illnesses during the year that could affect children and adults alike.

For example, just recently a government employee here who was diagnosed with viral meningitis is currently at home resting and expected to return to work next week. To help dispel fears about what viral meningitis is the National Center of Infectious Diseases (<http://www.cdc.gov/ncidod>) provides the following information.

What is meningitis?

Meningitis is an illness in which there is inflammation of the tissues that cover the brain and spinal cord. Viral or aseptic meningitis, which is

the most common type, is caused by an infection with one of several types of viruses. Meningitis can also be caused by infections with several types of bacteria or fungi.

What are the symptoms of meningitis?

The symptoms of meningitis may not be the same for every person. The more common symptoms are fever, severe headache, stiff neck, bright lights hurt the eyes, drowsiness or confusion, and nausea and vomiting.

In babies, the symptoms are more difficult to identify. They may include fever, fretfulness or irritability, difficulty in awakening the baby, or the baby refuses to eat.

Is viral meningitis a serious disease?

Viral (aseptic) meningitis is serious but rarely fatal in persons with normal immune systems.

Usually, the symptoms last from 7 to

10 days and the person recovers completely. Bacterial meningitis, on the other hand, can be very serious and result in disability or death if not treated promptly.

Often, the symptoms of viral meningitis and bacterial meningitis are the same. For this reason, if you think you or your child has meningitis, see your doctor as soon as possible.

What causes viral meningitis?

Many different viruses can cause meningitis. About 90% of cases of viral meningitis are caused by members of a group of viruses known as enteroviruses, such as coxsackieviruses and echoviruses. Herpesviruses and the mumps virus can also cause viral meningitis.

How is viral meningitis diagnosed?

Viral meningitis is usually diagnosed by laboratory tests of spinal fluid obtained with a spinal tap. It can also be diagnosed by tests

See **MENINGITIS** Page 10

Phishing: the new Internet identity theft method

By Judge Advocate Division
Headquarters Marine Corps

On July 21, 2003, the FBI and Federal Trade Commission first reported the existence of a new form of identity theft known as "phishing". That threat continues today, and adopts creative new forms to trick unsuspecting Internet users.

Unsolicited e-mails or pop-up messages may bear seemingly official information or logos of Internet Service Providers (ISPs), banks, online payment services, or government agencies. Typically a person will be instructed to "update" or "validate" account

information; the individual may be warned that severe consequences will result if he or she does not do so.

These e-mails or messages may provide hyperlinks to Web sites that appear to be valid, but that are in fact "Trojan horse" Web sites run by the scammer. These false sites may request personal information such as billing information or other sensitive data.

Marines can help protect themselves from "Phishing" scams by:

- never clicking on links in e-mails that request personal information or that claim accounts may be closed unless billing or personal information is confirmed
- avoiding e-mailing personal or financial

information—before submitting any such information via a Web site, confirm the "lock" symbol on your Internet browser indicating the presence of Secure Sockets Layer, the industry standard for secure Web sites, or a secure address (beginning with the secure "https://") — be aware that some "Phishers" have even forged security icons

- reviewing credit card and bank account statements immediately for unauthorized charges, and immediately calling financial institutions if your statements are more than a few days late to confirm billing address and account balances

- using and frequently updating Anti-Virus and Firewall software on personal com-

puters, and paying close attention to security-related operating system patches available on the Internet, to prevent damage to and loss of privacy to personal files. Be cautious opening attachments or downloading files from the e-mail or message

- directly contacting the company mentioned in the e-mail or message for confirmation—or denial—of the e-mail's contents. Do not utilize e-mail addresses or phone numbers contained in the questionable e-mail.

Marines should immediately take the following actions if they believe identity theft

See **PHISH** Page 9

People can change for the better

By Lt. Cmdr. Randel Livingood
Base Chaplain



Have you ever known anyone with whom you have been acquainted who has had a life changing experience? Maybe it was someone who had suffered through the throes of alcoholism, or some other

addiction. You had seen them exhibit all the negative behaviors associated with their addiction and had more or less written them off? It could have been that you spent time with them and worked hard with them and even with all that effort nothing seemed to change. Then one day, something happened and they came to you and others and said, "I have changed!"

They may have told you a story about a

religious conversion or of finding a hidden strength from somewhere deep within. Did you react or respond? Did you think about what you were going to say or did you just blurt out the first thing that came to your mind? Did you think something like, "You can't teach an old dog new tricks." Or maybe it was, "A leopard can't change its spots." What did you say to the person while you were thinking these thoughts? "Hey, that's wonderful news. Congratulations!" You may have said that but you really didn't believe it did you?

I can say with honesty that many of us have had those same thoughts. We just could not believe that someone could change so quickly. It may have been that we had known the person for years and as many times as they had received aid and assistance they had never been able to overcome whatever obstacles were in their way so we just considered that they never would. Even over time, when the

See **CHAPLAIN** Page 8

Just doing my job ...



Photo by Lance Cpl. Nich R. Babb

James Hampton, an electronics mechanic for Cost Work Center 733, Maintenance Center Barstow, connects a piece of metal with screws to a transmitter, which is used by the AN/TPS 59 Phased Radar systems. Hampton has been working at MCB for 14 years.

Chapel Services

Protestant Sunday 8:30 a.m.
For more information,
call 577-6849.

Religious Events

Morning prayer, Building 15	Lunch time episcopal
ASD 8:30 a.m. Tuesdays	mass, Building 128,
Seekers Bible Study, Building	Blessed Sacrament Chapel
126, Religious Ministries Center	11 a.m. Thursdays.
5 p.m. Wednesdays.	

Religious Services off base

Catholic Mass:

St. Joseph's Catholic Church
505 E. Mt. View
Barstow
Sundays, 7:30 a.m. Misa En
Español
9:30, 10:30 a.m. English

or:

St. Philip Neri Catholic
Church
25333 Third Street
Lenwood
Sundays, 9:30 a.m. English

Jewish Services

Congregation Bamidar
Shel Ha-Am
130 Eastgate Road
Barstow
Saturdays 10 a.m.



Marine Corps Logistics Base Barstow, California
Colonel Steven J. Thompson, Commanding Officer

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, phone: (661) 945-5634.

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Leave Transfer Program

Charisma Turner, badge #9226, Maintenance Center Barstow has been affected by a medical emergency.

Anyone desiring to donate leave under the Leave Transfer Program may obtain a leave donor application through his or her division administrative officer.

For more information, contact Pat Snyder, admin advisor, at 577-7138.

Community-Military Mixer

The annual Community - Military Mixer will be held at MCLB Barstow's Oasis Club starting at 6:30 p.m., Sept. 22.

This is the 14th year that civilians and military personnel of all ranks from MCLB Barstow and Fort Irwin National Training Center gather to establish and renew relationships in a friendly and social atmosphere.

Advance tickets are \$15 for military officers, enlisted personnel E-6 and above and civilians. Cost for military personnel E-1 through E-5 is \$10. Tickets are \$17 at the door except for "will call."

Tickets are available at the MCLB Public Affairs Office, Building 15, the NTC/Fort Irwin Public Affairs Office, Building 983, the Chamber of Commerce, 409 E. Fredricks, and the Veterans home of California-Barstow, 100 E. Veterans Parkway. For food preparation purposes attendees are requested to purchase tickets by Sept. 15.

For more information contact the MCLB Barstow Public Affairs Office at 577-6430 or to purchase "will call" tickets contact the Chamber of Commerce at 256-8617.

POW/MIA Luncheon at the Oasis Club



In observance of National POW/MIA Recognition Day, High Desert former POWs will be honored and MIAs remembered during a luncheon at the Oasis Club, scheduled for Sept. 17 at 11 a.m.

Attendees will have a choice be-

tween Salisbury steak with sautéed mushrooms, mashed potatoes and gravy, California blend of vegetables, or grilled chicken salad; meal also includes roll and iced tea.

This is a pay-at-the-door event, however, reservations must be made no later than Monday by noon. To make reservations contact Nancy Gutierrez at 577-6566/6555, or Cpl. Angel Jaquez at 577-6252. The base commander has authorized 59 minutes with supervisor's approval.

Hispanic Heritage Luncheon

The Hispanic Employment Program Committee is sponsoring a Hispanic Heritage Luncheon on Sept. 30 from 11 a.m. to 12:30 p.m. at the Oasis Club.

Former Korean War prisoner of war, David Villafana will be the guest speaker. Everyone is encouraged to attend. Tickets must be purchased by Sept. 23. For more information or tickets, contact Marva Johnson 577-6965, Davis Mendez 577-7173, Ed Tintos 577-7193, Philip Peralta 577-7127, Delane Romero 577-7312, Anita Lewis 577-6788, Barbara Rodriguez 577-6247, Stanley Padilla 577-7127.

Volunteers Needed

In recognition of the 11th annual National Public Lands Day, the Bureau of Land Management is seeking volunteers to participate in a variety of work projects at the Desert Discovery Center Sept. 18.

The 7,000 square foot environmental education center is located at 831 Barstow Road.

Volunteers will work on various projects such as garden and grounds cleanup, drip irrigation repair, information kiosk repair, demonstration garden work, trail work, painting, wood sealing and general housecleaning.

Registration begins at 7 a.m. with work activities starting at 8 a.m., continuing until lunch time. Interpretive programs and volunteer recognition are scheduled for the afternoon.

The BLM will provide a barbecue lunch and the first 50 volunteers will receive a T-shirt.

For more information, call Rose Foster-Beardshead at 252-6011.

Case Lot Sale

MCLB Barstow's Commissary is scheduled to hold a Case Lot Sale Sept. 18 from 9:30 a.m. to 6 p.m. and Sept. 19 from 8:30 a.m. to 5 p.m.

Shopping the case lot sale can save big bucks. Approximately 30 percent of the items will have coupons to further reduce the cost.

Contact the Commissary at 577-6406/6439, for more information.

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to get a drivers license.

Cell Phone Alert

Watch out for strangers with new camera cell phones standing near you in the checkout line at stores, restaurants, grocery stores, etc.

With these cell phones, people can photograph your credit card to get your name, number and expiration date.

Identification theft is one of the fastest growing crimes today, and this is just another example of the means that are being used. Be aware of your surroundings to ensure that you do not allow others to view or photograph your information.

School Night Activities

Schools in the Barstow Unified School District invite parents to attend "Back to School Night" activities. The following are schedules for each school:

Barstow High School: Sept. 21, 6-8 p.m.

Barstow Intermediate: Sept. 23, 6-8 p.m.

Barstow Junior High: Sept. 16,

6-8 p.m.

Cameron: Today, K-2 6 p.m., 3-4 6:30 p.m.

Crestline: Tuesday, 6-7:30 p.m.

Henderson: Wednesday, 6:30 p.m.

Hinkley: Sept. 22, 6-7:30 p.m.

Lenwood: Today, 6:30-7:30 p.m.

Montara: Monday, 6:30 p.m.

Skyline North: Today, 6:30-7:30 p.m.

Thomson: Today, 6-7:30 p.m.

FEGLI Open Season

The Federal Employees' Group Life Insurance program started its open season Sept. 1. This open season allows eligible employees the opportunity to enroll in the FEGLI program or change their FEGLI coverage without answering any medical questions, having a physical examination or providing marriage or birth certificates.

Advantages of the program include group premiums and payroll deduction, no age restrictions, a free extra benefit automatically included

in basic for enrollees under 45 years of age, no medical questions to answer, no physical examinations and you can cover up to the maximum available with no restrictions.

The FEGLI 2004 open season ends Sept. 30.

For more information, visit www.civilianbenefits.hroc.navy.mil/Bulletins/Bulletin_2004_11.pdf or visit the official FEGLI open season homepage at www.fegli2004.opm.gov.

ACT Deadline

Individuals can take the ACT on Oct. 23, the next national test date. The deadline for postmark registration is Sept. 17, with late registration Oct. 1 (an additional fee of \$15 is required with late registration).

Students can get registration materials from their guidance counselor or register online at www.actstudent.org

The ACT exam includes four

See BRIEFS Page 9

Job Watch

<u>Ann. No.</u>	<u>Title / Series / Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>
SW5801-04-187545-DE	Tire Repair WG-5801-06	08-31-04	09-16-04	09-02-04	MCLB Barstow
SW6910-04-202136-DE	Materials Expediter WG-6910-07	08-31-04	09-16-04	09-02-04	MCLB Barstow

Applicants interested in the above positions should submit resumes online at the following Web sites: <http://www.donhr.navy.mil> or <http://www.usajobs.opm.gov>.

For information regarding Open Continuous announcements point your browser to <http://www.donhr.navy.mil>. For more information concerning job announcements visit the Self-Service Center, Building 236, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office at 577-6357/6279/6481.

This is not an official list. Please see the Web sites listed for a complete list.

New base water policy in place to save money, headache

By Lance Cpl. Nich R. Babb
Combat Correspondent

The bright, shiny sun beats down upon the town of Barstow, located in the arid Mojave Desert, everyday, all day long. Some Marines who live in base housing at Marine Corps Logistics Base Barstow have decided to battle the local climate, and grow green grass on their lawn by using Earth's beverage of life known as water. However, MCLB is trying to conserve this natural resource, and has implemented a new policy to help stop the waste of water and still maintain a green lawn.

The rate of water evaporation in the Mojave Desert is the fastest in the United States of America, and is a result of the high temperature, lack of humidity and absence of heavy rainfall, said Jack Stormo, the environmental director for MCLB. It is estimated that about 150 inches of water gets evaporated from surfaces in Barstow every year, which causes the dry and sandy environment.

The size of the water source affects the rate of evaporation also, said Stormo.

When a Marine uses a sprinkler to water his or her lawn during a summer day in Barstow, a lot of the small drops evaporate before they even hit the ground, Stormo said. This makes the

lawn watering process ineffective, and a waste of water.

"If water is flowing down the street, then it is not growing plants," said Stormo.

According to the Southern California Water Company, which provides MCLB with its water, the amount of water that is used in a month is measured by a meter attached to the water supply, and does not have a rate of evaporation factored into the final price.

This final price is costing MCLB money, which the base would prefer to use in other ways rather than for a wasted water bill, Stormo said.

The bill is measured in units that cost \$1.95 per unit, and a unit is 748 gallons of water, stated the SCWC.

To help save the base money, the lawn watering policy for MCLB changed from not having any time-restrictions for watering a lawn throughout the day, to being restricted to certain hours of the day, said Stormo.

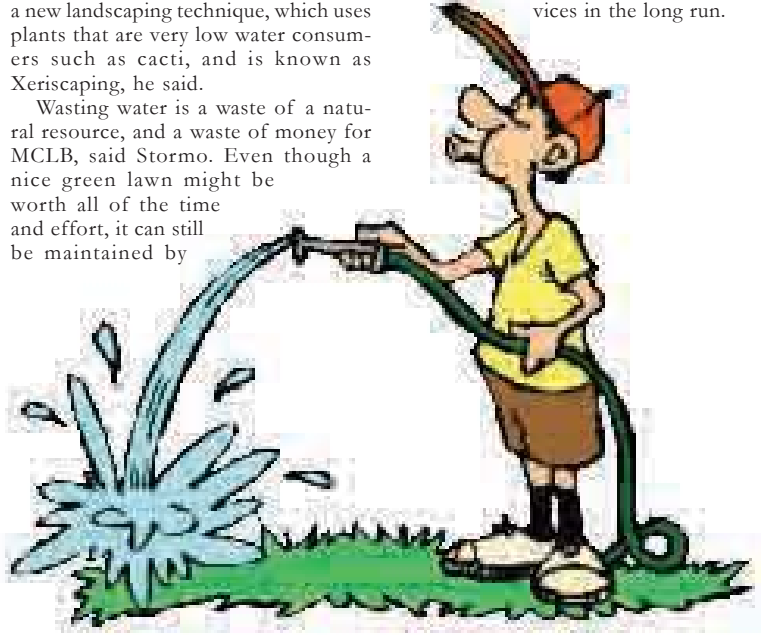
According to Base Order 11330.1C Ch 2, "Residents may water landscaping between the hours of 6 to 8 a.m. and 6 to 9 p.m. on their designated watering day." Stormo said this order is the first step in saving the base money when it comes to the use of water.

In addition to putting restrictions on

the times where watering is allowed, Stormo is also encouraging the use of a new landscaping technique, which uses plants that are very low water consumers such as cacti, and is known as Xeriscaping, he said.

Wasting water is a waste of a natural resource, and a waste of money for MCLB, said Stormo. Even though a nice green lawn might be worth all of the time and effort, it can still be maintained by

following the new policy, which leaves more money for other services in the long run.



GOT NEWS?

If you think you've got something newsworthy call the public affairs office at 577-6430.

Have you considered reenlistment?

By Lance Cpl. Ashley Warden
Combat Correspondent

Determining one's life path can often be a trying time for many people. There are many options present in the world and choosing one is often a difficult decision. For Marines the option of reenlistment, for those that meet certain reenlistment requirements, is available.

The following basic reenlistment prerequisites pertain to all Marines applying for reenlistment.

Marines have demonstrated the high standard of leadership, professional competence and personal behavior required to maintain the prestige and quality standards of the Marine Corps. For example, a Marine who is guilty of driving under the influence or driving while intoxicated, on or off base, has not met the personal behavior requirement. Along with this, the Marine wishing to reenlist must have demonstrated the core values of honor, courage and commitment.

Marines wanting to reenlist must be worldwide deployable and fit for rigorous combat duty at sea or on foreign shores. This means that they must meet medical and dental standards as prescribed in the Manual of the Medical Department. A physical fitness test must be passed and the Marine must meet military appearance and height/weight/body fat standards. Marines on light duty or limited duty will not be granted reenlistment while in that status unless the Commandant of the Marine Corps grants a specific waiver. Medical and dental screening is to be conducted prior to submission of the request for reenlistment, extension or lateral move.

A known dependency or hardship, which is not temporary in nature and causes Marines to be non-deployable or not available for world-

wide assignment at anytime, will not be considered for reenlistment.

The Marine's legal record must also be "clean." He or she must not have an incident involving confirmed illegal use, possession, sale or distribution of a controlled substance since Sept. 1, 1992. Incidents prior to Aug. 31, 1992 will be adjudicated on a case-by-case basis by the Commandant of the Marine Corps. The Marine must not be a conscientious objector, to include having never received clemency under the President's Clemency Program (Executive Order No. 11803). Convictions by a court-martial must not be on the Marine's record or no more than two nonjudicial punishments; this restriction is subject to the current enlistment contract and extensions to that contract only.

Known convictions by civil authorities, whether foreign or domestic, or any action that is equivalent to a finding of guilty of an offense to which the maximum penalty under the Uniformed Code of Military Justice is confinement of six months or more, or a fine of \$500 or more, must not be on the record of a Marine wanting to reenlist.

Being the sole surviving son or daughter can also disqualify a Marine for reenlistment but this status may be waived per Marine Corps Order 1300.8.

Minimum proficiency and conduct marks of 4.0/4.0 during a current enlistment contract is required for Marines who reenlist. Marines receiving fitness reports should not have date gaps in excess of 45 days within the last five years or current contract. The Commandant of the Marine Corps may grant short-term extensions to allow time to recover missing fitness reports.



Photo by Cheri Magomro

Cpl. Matthew Shockey, Headquarters Battalion S-4, accepts a certificate of reenlistment from Capt. James Boerichter, MCLB Barstow's Headquarters Battalion executive officer.

Marines who have been assigned to a Level II or III alcohol treatment program during the past 12 months before submitting a reenlistment package may request an extension for up to 12 months to allow time to complete the aftercare treatment program and allow the command to observe their conduct and proficiency.

In addition to the basic reenlistment requirements, first term Marines must meet the following requirements:

- Be a high school graduate or alternate cre-

dential holder.

- Have a general technical (GT) score of 80 or higher.

- Must competitively achieve a First Term Alignment Plan boatspace within the fiscal year that his or her contract expires.

The Commandant of the Marine Corps began releasing responses to fiscal year 2005 reenlistment requests in August 2004.

See REENLIST Page10

Recruiter screening teams target Marines for FY05

By Staff Sgt. Marc Ayalin
Marine Corps Recruiting Command

Nearly 1,200 Marines will attend recruiter school in 2005. Soon afterward, they will find themselves responsible for seeking the most qualified men and

women to enlist in the Corps.

From September 9-17, Headquarters Recruiting Screening Teams (HRST) from Headquarters Marine Corps are scheduled to visit Marine Corps installations nationwide in an effort to find the best qualified Ma-

rines to fill recruiting school classes for fiscal year 2005.

"This is a call to duty," said Master Gunnery Sgt. Charles Latimer, HRST member. "This is an opportunity for today's motivated Marines to do their part in shaping the future of the Marine Corps by seeking highly qualified men and women for enlistment."

A majority of Marines eligible to attend recruiter's school during fiscal year 2004 were deployed in support of Operation Iraqi Freedom I and II. Therefore, screening teams did not conduct any recruiter screening in 2003.

"Since we didn't screen Marines in 2003, there will be a dramatic increase in the number of Marines who will be screened this year," said Gunnery Sgt. Matthew Stallworth, the recruiter monitor at Enlisted Assignments for Manpower, Headquarters Marine Corps.

This increase poses a competitive challenge for those desiring to enhance their career by pursuing the special duty.

"Marines selected for recruit-

ing duty are considered to be the best of what the Marine Corps has to offer, therefore, the screening is very crucial and is a highly selective process," Latimer said.

A tour on recruiting duty can enhance a Marine's career and make them more competitive for promotion. However, there are several other benefits for recruiters that are enticing. For example, recruiters receive \$450 a month in special duty incentive pay (highest special duty incentive pay); they are non-deployable for three years; and can apply for a duty station preference upon the successful completion of their tour.

"I want the chance to do something challenging outside my Military Occupational Skill (MOS)," said Sgt. Elvin Caganap, accounting chief, Comptroller Section, Marine Corps Base, Camp Pendleton. "By being a recruiter, I will learn professional selling skills that many civilian companies send their employees to for training. This will enhance my chances of getting a civilian job when I retire."

Unfortunately, not every Marine will be afforded the opportunity to become a recruiter; some MOSs have restrictions while certain Marines won't meet time on station requirements.

Out of the 10,000 or so Marines eligible, approximately 2,500 to 3,000 will be interviewed during the 12-day screening process. For the first time, HRST members conducted an electronic or "virtual" pre-screening that helped narrow down the number of face-to-face interviews that will be conducted.

"We will be out there to reconfirm the ones already eligible," Latimer said. "We will be kneecap-to-kneecap with Marines and validate their information to ensure they are qualified for recruiting duty."

The Marines from MCLB Barstow will have the opportunity to meet with the HRST team when they visit Marine Corps Air Ground Combat Center tomorrow.

For more information, contact the base career planner, Sgt. Joseph Janez at 577-6684.



Photo by Staff Sgt. Jonathan Agee

Sgt. Keith Carrier, Recruiting Station, Springfield, Mass., watches as two young men practice their crunches. Recruiters continually conduct physical training with their pooltees to assess their performance prior to departing for recruit training.

MCCS



MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Specials at MCX

Create some family memories at breakfast with a Flip and Fluff Belgian Waffle Maker priced to please at \$24.99. Make fluffy restaurant waffles in the privacy of your own kitchen.

Great for cooking - Hamilton Beach 7-quart slow cooker with carrying case and lid latch strap, take it home for \$39.99. Make that home-made specialty "mobile" with ease.

Sleeping enjoyment - Texport Deluxe Queen Airbed. Don't go camping without this comfort and convenience - ready to go for \$29.99.

Been waiting for this? JWIN Progressive Scan DVD Player, Slim Design. Wait no more, pick it up for \$39.99.

Clean those rugs and carpets and do it with ease. New at the MCX - Rug Doctor rentals! Rent a small machine for \$17.99 or the super machine for \$19.99, plus a small refundable deposit. Attachments are available at no extra charge. Accessories on sale ranging in price from \$4.29 to \$15.49.

The Anniversary Celebration Sale: Continues through Sunday. Stop by and check out the savings!

Beat The Monday Blues Sale: Turn Monday into a favorite day to shop! Look for the "Happy Face" balloons for super savings on a wide assortment of selected items every Monday in September.

Always available at your MCX:

Check Cashing: \$200 maximum for personal checks! \$50 maximum for two-party checks! Coffee Club: buy 5 cups, get 1 free! Fountain Soda Club: buy 5 drinks, get 1 free! Dry Cleaning at discount prices! Special Orders. Video/DVD Rentals! Teleflora! Western Union Money Orders! Storage Space Rentals! Super Star Student Program!

The MCX - Super Seven Store, is open Mondays through Fridays from 6:30 a.m. to 9 p.m., Saturdays from 8 a.m. to 9 p.m., Sundays from 10 a.m. to 6 p.m. For more information, call 256-8974.

Club Activities

At the Oasis Club this week: Tonight is Social Hour starting at 4 p.m. Tomorrow is TGIFriday starting at 6 p.m. Next Tuesday is Burn Your Own Steak Night, starting at 5 p.m. Wednesday is Movie Night start-

ing at 6:30 p.m.

At the Enlisted Club this week: Tonight is a special NFL Kick-Off Bash (see inset at right). Friday is TGIFriday Family Night. Saturday, Sunday and Monday - Football - catch all the NFL teams on TV. Saturday is College Football. Sunday is NFL Football 10 a.m. to 8 p.m. with a free barbecue at 2 p.m. (first come, first serve). Monday is Monday Night Football with free popcorn, chips and dip. Tuesday is Karaoke Night, starting at 6 p.m. Wednesday features Midweek Relaxation Hour from 6:30 to 7:30 p.m. For more information and details on games please, 577-6418.

Lunch Menus

Family Restaurant and Cactus Cafe

Lunch menus for the Family Restaurant and Cactus Cafe are the same this week. Lunch menus are subject to change.

Today - Sliced pork roast with mashed potatoes and gravy.

Friday - Breaded Hoki fish and Rice Pilaf.

Monday - Spaghetti and meat sauce with garlic bread.

Tuesday - Baked pork chops, stuffing and apple sauce.

Wednesday - Hot roast beef and cheddar sandwich with steak fries and fruit cup.

Thursday - Sweet and sour pork with steamed Jasmine Rice.

Lanzer's Lounge

Today - Country fried breaded pork with potato salad.

Friday - Catfish sandwich with cole slaw.

Monday - Lasagna with potato salad.

Tuesday - Pork chops with cole slaw.

Wednesday - French Dip sandwiches with coleslaw.

Prices and Lunch Hours

Family Restaurant and Cactus Cafe: Active duty military \$3.25, all others, including civilians \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink. Lanzer's Lounge: \$4.75 for both military and civilian. Lunch menus include a fruit cup.

Weekday Lunch hours: Family Restaurant: 10:30 a.m. to 1 p.m. Cactus Cafe: 11:30 a.m. to 12 p.m. Lanzer's Lounge: 11:30 a.m. to 12 p.m.

Family Night Dining - Tonight: BBQ Ribs! BBQ beef and pork ribs, collard greens, baked beans, corn on the cob, corn muffins, tossed green salad, dessert and a fountain drink of choice.

Family Night Dinners served from 4:30 to 7:30 p.m. at the Family Restaurant. Adults \$6, Children (5 to 11 years) \$4. Children under 5 years dine free.

Playmornings' New Location

Playmornings are now held at the Youth Activities Center every Wednesday from 9:30 to 11 a.m. Playmornings are for children infant to 5 years of age and their parents. Play, crafts, outside play (in the shade), picnics, water play, story time and more. Pick up a registration packet at Marine and Family Services, Bldg 129. Must have current immunization records to attend.

New Parent Support classes: Expectant Parents Basic Training on Sept. 7 from 12:30 to 4 p.m. Solutions for cranky babies, a *HOT TOPICS!* class. Class held Sept. 21 from 1 to 2 p.m.

All classes are free and held in the FAP classroom, at Marine and Family Services, Bldg 129. For more information, call Robin Lindsay at 577-6332.

School Age Care

For children 5 (kindergarten) to 12 years of age.

Before school - Monday through Friday 6 to 9 a.m.

After school - Monday through Friday 12:30 to 6 p.m.

Fun Camp (for minimum days and teachers-in-service) is available for \$5 per day without contract. Contracts are available.

For more information, call SAC 577-6499 or CY & TP 577-6287. This service is available to all active duty, retirees, DOD employees and MCLB personnel.

Open Recreation Hours for Teens

Youth Activities Center has new open recreation hours for teens 13 to 18 years old. The new hours are Monday through Friday from 2:30 to 7 p.m. featuring the New Boys and Girls Clubs of America Programs: Money Matters!, Street Smart!, Project Learn!, and Job Ready!

This service is available to all active duty, retirees, DOD employees and MCLB personnel. For more information, call 577-6499.

YAC Summits

Youth Summit (ages 9 to 12) on Sept. 17 at 4 p.m. Teen Summit (ages 13 to 18) on Sept. 24 at 4 p.m. at the Youth Activities Center.

A day of Substance Abuse Prevention at both summits. De-glamorizing substance use and abuse (i.e. tobacco, alcohol, illegal drugs). Develop refusal/avoidance skills and peer pressure resistance and recognize commercial, social and peer pressure that encourages substance abuse.

Win T-Shirts and Fanny Packs! Snacks will be provided for all par-

NFL KICK-OFF BASH TONIGHT!

**Monday Night Football Special
Kick-Off Opener (Colts vs. Patriots)
at the Enlisted Club.**

**It all starts at 6 p.m.
Pregame starts at 5 p.m.
Hors d'oeuvres will be served.
Join us!**

Participants. For more information please call 577-6851.

Bowl with your grandparents

Celebrate Grandparent's Day with the Bowling Center's Grandparent's Special! Bring a Grandparent and get half price bowling on Sunday.

Regular specials - Active duty military \$1.25 per game, others \$1.50 per game, children \$1 per game. Shoe rentals fifty cents. Weekends - adults \$1 per game, children \$1 for 3 games.

Call 577-6264 for more details.

Education and Job Fair

Marine and Family Services Division Career Resources and Life-long Learning Programs have joined forces to provide an Education and Job Fair on Wednesday from 10 a.m. to 2 p.m. at the Base Gym.

Numerous colleges and universities will be represented as well as many employers from various companies and agencies. For more information, call 577-6118.

Hypertension and Cholesterol

The Substance Abuse Counseling Center will host a class on hypertension (high blood pressure) and high cholesterol on Wednesday at 3 p.m.

These are important health conditions that can lead to heart disease.

The purpose of this class is to provide you a greater understanding of these health threats and the tools to keeping a healthy heart. For more information call, 577-6851.

New Hours at the Hobby Shops

For your convenience the Hobby Shops will have standardized hours beginning Sept. 5. All three shops (Auto, Ceramic and Wood/Rock)

will be open noon to 7 p.m. Wednesday through Friday, 10 a.m. to 5 p.m. Saturday and Sunday. Closed Mondays and Tuesdays.

Auto Hobby - Come in and check tires, rotate and balance them - all of the equipment needed is available for use. Call the shop at 577-6441.

Ceramic Hobby - Halloween is coming, time to get those Halloween ceramic pieces started. A variety of molds, pieces and decorations are available for your project. Drop by the shop or call at 577-6228.

Wood/Rock Hobby - Build bookcases, bird houses, furniture and more. Cut stones for belt buckles, pendants or any form of jewelry.

All the tools you will need and step-by-step help is available at the Wood and the Rock Hobby Shops. Call for more information at 577-6692.

Universal Studios

Universal Studios season passes are now available at ITT. These passes are good for one year from date of purchase.

Some blackout days apply. \$55.50 adult or child.

For more information call Information Tickets and Tours (ITT) at 577-6541.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Tickets are available after hours and weekends at the Bowling Center. The Bowling Center phone number is 577-6264.

Aerobics and Body Building

Aerobics is a great way to work-out and burn away those calories. Stephanie Jeffery's Aerobic Class is held Monday, Wednesday and Thursday from 6:30 to 9:30 p.m. at the gym.

The cost is \$20 per month or \$2 per session. Call 577-6971 for more information.

Gunny's Picks

Week 1

Break out the chips and dip, get the grillin' done early, fill up the cooler, and make sure the children are in check because the National Football League's regular season kicks off this weekend with a full slate. Gunny's Picks is back for a 12th season and the fun is about to begin. Seven teams are boasting new coaches this season and maybe three of them will win their inaugural game – so says the Gunny. With a few exceptions, most of the home teams will prevail this weekend although I have to admit, this being the first weekend and all, I went out on a limb with a couple of the predictions. But this is just the first weekend, who cares what happens except those true-to-the-bone fans? Think you're bold enough to take on the Gunny? Here's the line up for this weekend. Good luck.

- *Seattle @ New Orleans

Cincinnati @ NY Jets*

Arizona @ St. Louis*

*Tennessee @ Miami

Oakland @ Pittsburgh*

San Diego @ Houston*

Jacksonville @ Buffalo*
- Detroit @ Chicago*

*Baltimore @ Cleveland

Tampa Bay @ Washington*

*Atlanta @ San Francisco

Dallas @ Minnesota*

NY Giants @ Philadelphia*

*Kansas City @ Denver

Monday Night

Green Bay at Carolina*
Total points:_____

Name, work section and phone number: _____

Entries must be submitted to the Public Affairs Office by the close of buisness on Friday.

CHAPLAIN from Page 2

person was doing well we may have just been “waiting for the other shoe to drop” and for them to fall back into old habits. We simply did not believe that their change could last.

The story in today's reading is similar to this. It is the story of a blind man whom Jesus healed by expectorating into the dirt and making mud out of it and then rubbing it on the man's eyes and then having him wash his eyes out in a sacred pool. The man was healed and could see, but when his friends, neighbors, and those who knew him saw him they did not even believe it was him at all. He kept telling them, “Yes, it's me. I am the one who was blind.” He was able to at least convince some that he was the same person, just a person who had changed.

Others still could not believe him so they took him to the religious rulers for questioning since if it were he, it would have involved a miracle. I thought about these people and how their view of life had stopped them from seeing the reality with which they were faced.

How many times has our perspective caused us to miss something important? How many times have we overlooked solutions to problems because we just could not believe the

source of the solution? The lesson here is that solutions come in many forms.

Sometimes people do change and grow and improve even when they have had years of trouble. I have witnessed these things myself and have had to fight the urge to think that the person would eventually fall back into the same old habits. The truth is that the person probably needed me to believe in them and could take strength from my belief.

How hard must it be to really be internally changed and not have people believe in you? How easy that must make it for the person to then say, “Hey, people don't believe I changed so why should I try?”

The solution is to work through our own ideas and pre-conceived notions about people and trust that their change will bear the visible fruits of success. When we begin to see the fruits of success then we will be able to support them more instead of waiting for them to fail. Simply put, look for ways to see success in others instead of failure and our faith in others will give them the strength to believe in themselves.

Peace,
Fr Randel

PHISH from Page 2

has already affected them:

- contact any of the three major credit bureaus (Experian 888-397-3742; Equifax 800-525-6285; Transunion 800-680-7289), report the identity theft and request copies of their credit report from all three bureaus
- immediately dispute any transactions that result from the identity theft with the financial institution, bank, credit card, and submit to them the FTC's "Identity Theft Affidavit"—this affidavit is available at the FTC's website at <http://www.consumer.gov/idtheft> or from the local Legal Assistance Attorney on the USMC Legal Assistance Toolkit (there is a limited time-window to dispute unauthorized charges if personnel wish to escape becoming liable for those charges, so immediate action upon first learning of the charges is of utmost importance)
- immediately close the accounts believed to be affected by identity theft
- file a police report with both the local civilian and military authorities, making sure to get copies of the report for submission to creditors, to facilitate disputing charges, and as evidence of the crime
- report the incident to the FTC at 1-877-IDTHEFT (438-4338) and/or to the FTC's Military Sentinel at <http://www.consumer.gov/military>.

Deployed Marines: Deployed Marines and other service members located outside the continental United States may have difficulty accomplishing the aforementioned

actions.

In cases of deployment and to prepare for future deployments or unexpected absences, Marines should visit their local Legal Assistance Office and determine, with the help of a Legal Assistance Attorney, if Powers of Attorney may be appropriate to resolve the identity theft problems.

Special Powers of Attorney may specifically delegate (for example only) powers to receive and discuss account statements, and dispute charges on specific bank or credit accounts, to discuss charges and report fraud with credit reporting agencies (such as Equifax, Experian, or Transunion), or to file police reports with regard to specific accounts.

How to Protect Yourself: Marines can help avoid identity theft by placing passwords on credit card, bank, and phone accounts.

Passwords should never contain obvious information such as birth dates, mother's maiden names, or social security numbers; particularly if you have roommates.

Secure all personal information in a bank safety deposit box, or other inaccessible location. Never leave personal accounts (e-mail accounts or computer login accounts) open at work or at home—always password-protect and lock accounts when stepping away from the computer, no matter who is around—and do not share passwords or other personal information.

Routinely order copies of and check personal credit reports for evidence of identity theft (at minimum once every six months) and give out no personal information by

phone, mail, or Internet until the identity of the requestor is verified.

Usually individuals can check the organization's Web site and verify the requestor's identity by a call to the customer service number.

Shred all personal documents before disposing them and avoid and be on constant lookout for recent scams or schemes such as this "Phishing" scam.

Recent trends are logged by the FTC at <http://www.consumer.gov/sentinel/> and at the very good non-profit Financial and Tax Fraud Education Associates, Inc. "Cyber-Museum of Scams and Frauds" Web site <http://www.quatloos.com/>

For help defending yourself against identity theft and to learn how to protect yourself against identity theft during extended absences or deployments, visit the local Legal Assistance Office.

Legal Assistance Attorneys are trained in identity theft and consumer protection law and will provide advice on protective measures that can be taken immediately that may limit financial loss.

Also visit the base Financial Management Office for further assistance.

Extensive information and educational materials on Identity Theft are made available on the FTC Web site at <http://www.consumer.gov/idtheft> and at <http://www.ftc.gov>.

Contact MCLB Barstow's Legal Assistance Office with any questions regarding this advisory or for legal advice at 577-6874/6878.

BRIEFS from Page 3

parts: English, reading, mathematics and science.

Test fees are \$28. Free sample tests are available.

FREE Tour

Active duty Marine, Navy and Army spouses are invited to attend the free Quarterly Spouses Tour of Fort Irwin and Barstow scheduled for Sept. 21, 22 and 23. Participants will receive coupons for selected shops at the Factory Outlet and Tanger.

The first two days at Fort Irwin consist of informational meetings and tours which will introduce spouses to on base services and military life in general.

The third day, hosted by the Military Affairs Committee of the Barstow Area Chamber of Commerce, will start at the Veterans Home on Barstow Road at 9 a.m. with a free breakfast, then a tour of the Barstow Police Department, and ending in Calico Ghost Town.

Space is limited so registration is required. Transportation and lunch provided, but bring water and wear comfortable shoes. For more information, Marine and Navy spouses can call Cynthia Harris at 256-1735. Army spouses can call Ruth Cox at 380-3776.

MENINGITIS from Page 1

that identify the virus in specimens collected from the patient, but these tests are not usually done.

How is viral meningitis treated?

No specific treatment for viral meningitis exists at this time. Most patients recover completely on their own, and doctors often will recommend bed rest, plenty of fluids, and medicine to relieve fever and headache.

Can I get viral meningitis if I'm around someone who has it?

The viruses that cause viral meningitis are contagious. Enteroviruses, for example, are very common during the summer and early fall, and many people are exposed to them.

However, most infected persons either have no symptoms or develop only a cold or rash with low-grade fever. Typically, less than 1 of every 1000 persons infected actually develop meningitis.

Therefore, if you are around someone who has viral meningitis, you have a moderate chance of becoming infected, but a very small chance of developing meningitis.

How is the virus spread?

Enteroviruses, the most common cause of viral meningitis, are most often spread through direct contact with respiratory secretions (e.g., saliva, sputum, or nasal mucus) of an infected person.

This usually happens by shaking hands with an infected person or touching something they have handled, and then rubbing your own nose, mouth or eyes.

The virus can also be found in the stool of persons who are infected. The virus is spread through this route mainly among small children who are not yet toilet trained. It can also be spread this way to adults changing the diapers of an infected infant. The incubation period for enteroviruses is usually between 3 and 7 days from the time you are infected until you develop symptoms.

You can usually spread the virus to someone else beginning about 3 days after you are infected until about 10 days after you develop symptoms.

How can I reduce my chances of becoming infected?

Because most persons who are infected with enteroviruses do not become sick, it can be difficult to prevent the spread of the virus.

If you are in contact with someone who has viral meningitis, however, the most effective method of prevention is to wash your hands thoroughly and often.

In institutional settings such as childcare centers, washing objects and surfaces with a dilute bleach solution (made by mixing 1 capful of chlorine-containing household bleach with 1 gallon water) can be a very effective way to inactivate the virus.

For further information, please contact the Respiratory and Enteric Viruses Branch, National Center for Infectious Diseases, at 404-639-3607 (telephone) or 404-639-4960 (facsimile).

REENLIST from Page 1

FTAP Marines are not authorized to request a 24-month reenlistment.

Beginning July 1, 2004, first term Marines wishing to stay in their primary military occupational specialty could submit requests and continued through the end of August. After submitting the request, all will be considered equally on fast filling MOS boards.

Marines who have been selected on these boards should receive reenlistment authority on or after Oct. 1, 2004.

Marines desiring a lateral move to another MOS may not submit requests until Dec. 1, 2004 for all military occupational specialties except for those specialties considered fast filling MOS's. Authority for lateral moves may be executed on or after Jan. 1, 2005. Marines who request lateral moves must provide three MOS choices they are qualified for, of which all must be open MOS's.

Based on historical data, the following MOS fields are considered FFM's for FY05: 01, 04, 08, 26, 30, 44, 46, 58, 59, 60/61/62, 63/64, 66, 70 and 73 fields.

Marines in closed MOS's may be considered for lateral moves. All requests for lateral moves out of a open MOS must have endorsement from their commanding general.

Pregnant Marines who are otherwise qualified for retention warrant an exception to the height/weight/body fat standards, passing a current physical fitness test and worldwide deployability.

Beginning Nov. 15, 2004, commanding generals may locally reenlist FY05 FTAP Marines under the following guidelines:

- The Marine is a first-term Marine
 - The Marine meets all reenlistment requirements
 - Requires no waiver
 - Requires no lateral move or extension
 - Open MOS's only
- First-term Marines who have been autho-

rized reenlistment in their PMOS may request duty station assignments. However, Marines will be assigned based on the needs of the Marine Corps, billet vacancies and the Marine's preference.

A FY05 first-term Marine with two or more years on station must request three duty station assignments, one of which must be a special duty assignment, retention on station or one of the following: 1st, 2nd or 3rd Marine Division; 1st, 2nd or 3rd Force Service Support Group; Fleet Marine Force Conus, West Coast or East Coast or 1st, 2nd or 3rd Marine Air Wing.

If a FTAP Marine has less than two years on station, he should request deferral of his duty station incentives until six months prior to completing his tour of duty.

FTAP Marines who have been granted a lateral move will be assigned to duty stations in accordance with the needs of their new MOS and are not guaranteed.

Furthermore, they are not eligible for special duty assignments.

Career Marines are disqualified from reenlistment if they have: previously refused to extend or reenlist to obtain the obligated service necessary to execute permanent change of station or deployment orders, has submitted for transfer to Fleet Marine Corps Reserve, or has requested separation by an early separation program.

Career Marines requesting reenlistment in their PMOS may submit requests up to 365 days prior to their expiration of active service.

The Commandant of the Marine Corps retains final authority to approve or disapprove all reenlistment requests.

For more information about reenlistment and reenlistment opportunities and incentives, contact Sgt. Joseph Janetz, career planner, at 577-6684.

Information used in this story can be found in the Enlisted Career Planning and Retention Manual and MARADMIN 245/04.

2000 JEEP WRANGLER SPORT:
Black, 6 cyl, 4WD, 31 in. tires, 62k
miles, hood kit, comes with 2 in.
susp kit, \$10,500. OBO. Call
Jason 267-6316.

2000 TOYOTA SIENNA, LE: 4
Capt. Seats, 5 door, great shape,
cruise, running boards, roof rack,
tow package, \$10,500. OBO. Call
253-4979/267-6530.

1993 FORD: F-250, ext cab, 4x4,
diesel, xlt, great shape with
canopy, automatic, \$4,700.OBO.
Call 253-4979/267-6530.

MISCELLANEOUS: 5TH wheel,
15k, with gooseneck attachment
and all hardware, \$175. Call 256-
6629.

MISCELLANEOUS: Child's/
teenager oak bedroom set,
complete with pier wall unit, twin
bed, dresser with mirror and
computer desk, \$55 OBO. Call
252-2850.

MISCELLANEOUS: Heater, Sears
kerosene, 20,000 BTU, xlt cond,
\$75; Doghouse, large, xlt cond,
\$40. Call 256-6629

